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ABSTRACT

This resource guide, prepared by the Wisconsin Early Childhood Association (WECA), is designed to assist child care providers and parents in providing sound health and nutrition education programs for young children. Resources focus on major issues in health, safety, nutrition, and welfare. Resources are included which offer assistance in planning health care programs as well as teaching health and safety concepts to children. Additional aids and resource materials such as checklists, recipes, curriculum ideas, and directions for sprouting seeds are included.
(Author/MP)

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WECA'S GUIDE To HEALTH & NUTRITION EDUCATION RESOURCES

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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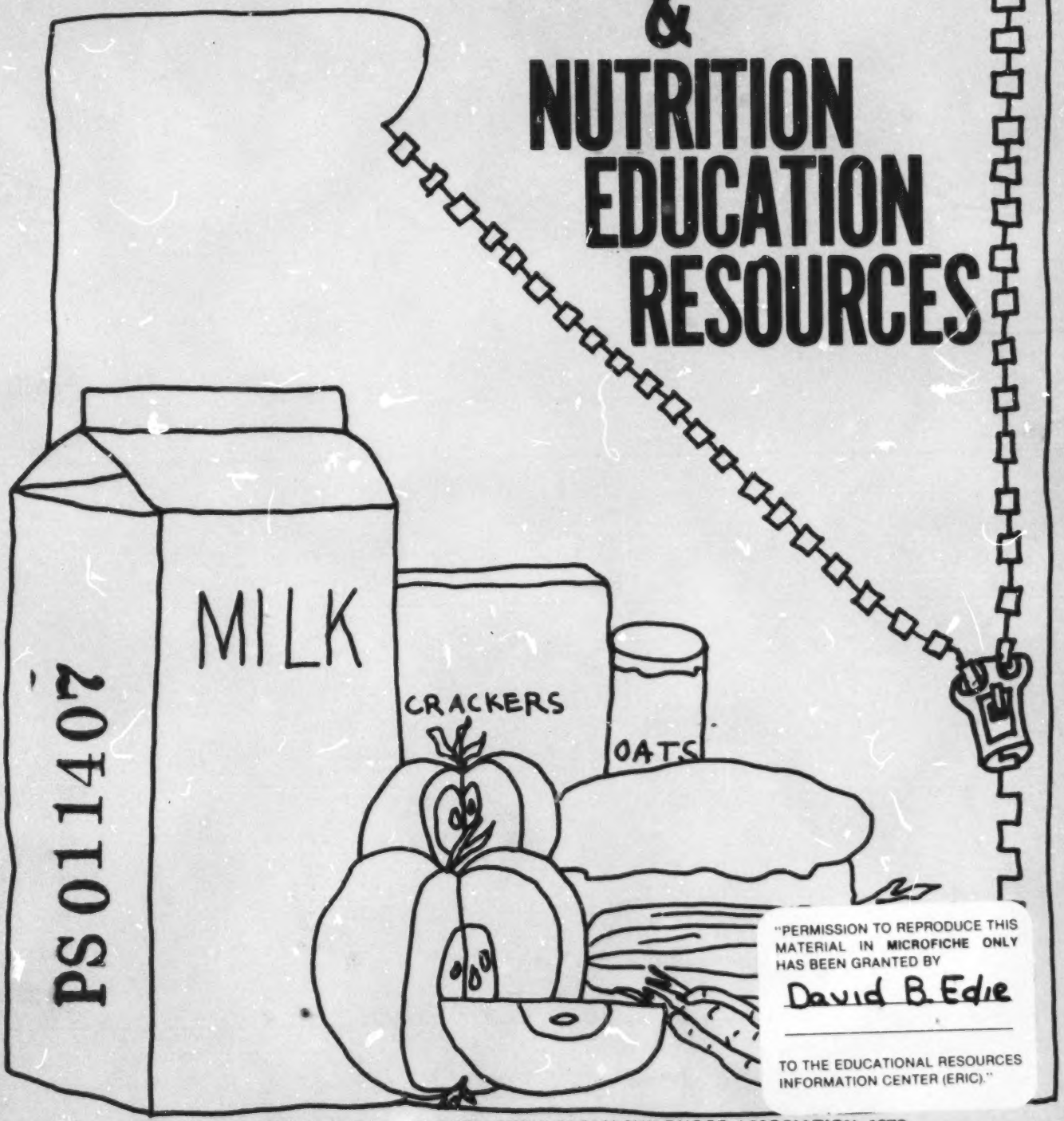

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Developed by Marjorie Braker, staff of WISCONSIN EARLY CHILDHOOD ASSOCIATION 1979

WECA's Guide to Health and Nutrition Education Resources

for

Wisconsin's Child Care Providers

Developed by

Marjorie Braker

for the

Public Information Project

Wisconsin Early Childhood Association

1979

WECA
610 Langdon Street, Room 227
Madison, Wisconsin 53706
(608) 262-0504

PS 011407

Lessons in safety need not wait until the young child is dashing toward the street or poking a finger into an electrical socket. . .By engineering a more creative approach to teaching safety early in life we both protect the child from harm and provide the thoughtful message that his person is important and an object of love and care.

Dr. David McCray
Assistant Professor
Department of Psychiatry
University of Arkansas
College of Medicine

Children are the future of any society. The foods children eat affect their growth, development, ability to learn and general behavior. How children eat is equally important. The presentation of food in a comfortable, relaxed atmosphere together with love, care and eye appeal, can greatly affect the way the child feels about himself and those around him. Early experiences with food may lay the foundation for lifelong eating habits.

Mary T. Goodwin and
Gerry Pollen in
Creative Food Experiences
for Children

ACKNOWLEDGEMENTS

This resource guide would not have been possible without the direction given by David Edie, Executive Director of the Wisconsin Early Childhood Association.

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INTRODUCTION

The Wisconsin Early Childhood Association has developed this resource guide to assist people involved in the care and education of very young children. Whether the reader cares for six children at home or teaches at a center enrolling 100 children, this guidebook has useful resources to share. Some resources are for the education of staff or parents, others are designed to be used directly with the children. All resources included are relevant to the health and nutrition education of young children.

Early childhood is a critical time to instill the good health habits that can last an individual a lifetime. Child care providers are in a unique position to observe the health status of children as well as to teach and model sound health habits. Additionally, ideas and information about health shared with parents, along with new knowledge and habits learned by children at school, can be reinforced and expanded at home.

Health education cannot be separated from the daily activities that demand so much time and attention from caregivers. For example, nutrition, general health screening, safety and immunization, are aspects of health that have daily impact on child care. A few examples of health related problems are presented below to illuminate the interrelationships of health and behavior.

Mark's aggressiveness brought tearful complaints from other children. One staff member found herself frequently shouting at him in exasperation. It took months of frustration before a hearing test discovered that Mark has impaired hearing. Mark is learning quickly to adjust to the special help he receives. His social problems are disappearing, much to everyone's delight.

Jason cried so easily even the teachers referred to him as a "crybaby". A runny nose, short fuse and frequent crying were giving Jason the "least favorite child" label. It took a change of doctors to diagnose a strep infection that had previously been treated as a common cold. The new, smiling and happy Jason is a joy to have in day care.

Susan wouldn't pay attention to directions. Neither did she join in group play or express enthusiasm for most other activities. A staff member made the observation that Susan seemed much more energetic in the afternoon. A little detective work found that Susan's mother worked nights and had not been supervising Susan's bedtime or breakfast. Strict instruction about bedtime to the babysitter and a quick, nutritious breakfast was just the tonic Susan needed. One tired staff person was overheard wishing that the old, lethargic Susan would occasionally return.

Clearly then, a child's physical, intellectual and social development depends on quality health care. Many of the health problems commonly identified in elementary school can now be discovered during the preschool years. This resource guide is designed to assist you in providing health education programs for young children.

WISCONSIN EARLY CHILDHOOD ASSOCIATION (WECA)

The Wisconsin Early Childhood Association is a nonprofit organization with a membership consisting of over 1,400 educators, early childhood program staff, students, parents, government officials, and other child advocates. WECA is working to improve services such as day care and other early childhood programs, parent education programs, and services to families and children with special needs. WECA believes that the positive growth and development of Wisconsin's young children depends upon a comprehensive network of support services that is available to all families.

WECA has three action areas. It serves as a communication link between groups and individuals in the state of Wisconsin who are interested in the continued improvement of all aspects of the care, education, and development of young children. WECA provides a voice for young children in areas of public concern, and develops educational resources for persons who wish to become more knowledgeable about the care, education, and development of young children.

WECA's Public Information Project special staff produced publications and resource guides to help parents and professionals improve the quality of child care. WECA also holds regional workshops and a state convention each year.

The Wisconsin Early Childhood Association publishes regular Newsletters dealing with current concerns in the early childhood field, curriculum innovations, state and local special events, and WECA news. WECA also publishes a monthly public policy bulletin, Signposts and Roadblocks, to keep subscribers informed of relevant legislative and administrative activity by federal, state, and local government. For more information, contact:

David B. Edie, Executive Director
Wisconsin Early Childhood Association
227 Lowell Hall
610 Langdon Street
Madison, Wisconsin 53706
(608) 262-0504

HOW TO USE THIS GUIDE

Most resources in this guide are briefly described. From this description the reader can determine whether the material will meet their specific needs. The intended audience of each resource may be young children, parents, professional child care providers, or all three. Most of the materials are addressed to adults with suggested methods for sharing with children.

The majority of resources were included because of their free or minimal cost and wide availability. The 1979 purchase price is included whenever possible. Lack of funds need not prevent child care providers from obtaining useful health education resources. Costly resources may be obtained using one of the following methods:

1. Check your local library (see page 4 of guide)
2. Request single, free samples of bulk materials.
3. For nutrition materials, check out the services of the Food and Nutrition Information Center (FNIC). See page 25 of this guide.

The quantity and quality of the resources included in this guidebook are limited by time and financial considerations. The Wisconsin Early Childhood Association does not specifically recommend any of the materials listed, but chose to include those that appeared to promise some practical or creative assistance to child care programs and caregivers.

ORDERING PUBLICATIONS

Ordering publications is a simple matter. The materials you will receive will more than compensate for your time and postage. A few suggestions to simplify ordering:

* Use standard size stationery (8½ x 11)
* Use letterhead if possible, otherwise describe your position or program.
* Make sure your return address is complete.
* Keep your request brief, clear, and to the point.
* Do not send cash. Use a check or money order.
* Allow time for delivery, usually 2-6 weeks.

USE YOUR COMMUNITY

Every community has its civic and charitable organizations that provide services, speakers and/or funds to worthwhile causes. Retired workers, homemakers, senior citizens, young adults and other creative or talented people may enjoy the opportunity to teach or share special knowledge with young children. Professionals working in the community are also valuable resources. Listed below are examples of resources you might contact in your community.

- Chamber of Commerce
- Kiwanis
- Lions Club
- PTA Groups
- Women's Clubs
- Jaycees
- Jaycettes
- Garden Club
- Church Groups
- Police Department
- Fire Department
- Physicians
- Dentists
- Nurses
- School teachers
- Senior Citizens
- Athletes
- Farmers

USE YOUR LIBRARY

The public library system in Wisconsin is eager to assist day care providers. Your librarian can help you research and locate useful books and audio-visual aids. Here are a few of the many services available through the public library:

- Your local small library can tap into the Milwaukee or Madison Public Library. Almost any book in print can be located.
- Almost any audio-visual material can be located or a comparable item substituted.
- The Mail-A-Book service is available in rural areas where residents don't have access to a library.
- Story Hour - Children can be taken to the library for story hour. The librarians may be willing to come to your center to give assistance in story-telling or do staff training.

FEDERAL AGENCIES

United States Department of Health, Education and Welfare (HEW)
Office of Human Development
Publications
Room G 311
330 C Street, S.W.
Washington, D.C. 20201
(202) 245-1605

HEW, that massive Federal department, serves the public by publishing many thousands of informational documents. Most of them are free and available for the asking, providing the public knows where and how to make the request.

The Office of Human Development within HEW offers booklets covering many aspects of child care. The series of Head Start booklets could be very helpful, particularly the Rainbow Series, which covers staff development, health, dental services, nutrition, speech, language and hearing. Other booklets focus on prenatal care, fatherhood, safety, special needs, and general child development. Spanish versions are available.

When ordering materials be as specific as possible, describing the audience and topics you want information on. Use known titles and publication dates if available. A phone request may result in faster service. Good Luck!

United States Government Printing Office
Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

The printing office distributes publications from all branches and agencies of the government, including HEW. If a government document is not available from the office where it was developed, the printing office should have it. Distribution is not free, but materials are low cost. Hundreds of documents on children and youth are available. Listed below are titles of publications from a variety of categories, as listed in the Subject Bibliography on Children and Youth:

Baby Care Kit, It Hurts When You Cry. (1976) $4.00
For Kids Sake, Think Toy Safety - Coloring Book (1977) 25/$5.00
Perils of Pip, Preventing Poisoning: Introducing Pip, the Magic Safety Elephant. (1978) 10/$3.50
The Good Foods Coloring Book. (1975) $.60
Nutrition Education for Young Children (1978) $1.20

We suggest you order the Subject Bibliography (SB-035). A handy order form is included in this catalog. All orders from the Printing Office must be paid in advance with a check or money order.

Consumer Information Center

Consumer Information Center
Pueblo, CO 81009

This Federal information center publishes materials covering all areas of consumer interest. Their catalog lists available materials on child care, health, food and nutrition. Sample titles are:

No Easy Answers: The Learning Disabled Child. $3.25
A Parent's Guide to Childhood Immunization. (Free)
Your Child from One to Six. $1.75
The Thing the Professor Forgot. (Free) A coloring book in rhyme to teach children about good nutrition.

WISCONSIN STATE OFFICES AND PROGRAMS

Your taxes support state and local government offices which were established to serve you, the public. There is a gold mine of information and services available on request. The offices listed here are staffed with people trained to answer questions, help solve problems, and provide useful materials.

The two departments most relevant to children's health are listed below. Departmental sub-divisions are added to guide you directly to the appropriate office.

Wisconsin Department of Health and Social Services (DHSS)
One West Wilson Street
Madison, WI 53701

Bureau of Community Health Services
Tel: (608) 266-2661
Community Health Education
Dental Health
Maternal and Child Health
Nutrition
Public Health Nursing
Prevention - Immunization and Safety

Wisconsin Department of Public Instruction (DPI)
126 Langdon Street
Madison, WI 53706

Health related divisions of DPI:
Tel: (608) 266-3390
Food and Nutrition Services
Library Services Division
Cooperative Children's Book Center
Reference and Loan Library
Handicapped Children Services Division

County Extension Programs

Each Wisconsin County has an Extension Home Economist trained to provide educational guidance in a broad variety of areas, including child development. UWEX, The University of Wisconsin Extension service, has developed materials relating to all aspects of Family Living Education. These materials are made available through your county Extension Home Economist.

Educational content includes, but is not limited to:

- Child Development
- Parent-Child Interaction
- Stress Reduction Skills
- Decision Making Process
- Communication Skills
- Nutritional Needs of Children
- Common Nutritional Problems
- Influence of T.V. Advertising
- How Children Learn About Food

In addition, there are state specialists who can provide additional expert help in related areas. Two of these specialists are located in Madison:

Name	Field	Address	Phone
Irene Goodman	Child Development	235 Home Ec. Bldg.	608-262-2611
Nancy Johnson	Nutritional Services	339 Home Ec. Bldg.	608-262-2727

Your tax dollars fund the cooperative extension programs throughout the state. These county and state offices and personnel can provide valuable, free services to you and your program. Contact:

- County Extension Home Economist (In Your County)

or

- University of Wisconsin-Extension (UWEX)
  428 Lowell Hall
  610 Langdon Street
  Madison, WI 53706
  (608) 262-1411

Wisconsin Public Health Association, Inc
P.O. Box 361
Madison, WI 53701
Professional organization which seeks to protect and promote personal and environmental health.

Nutrition Education and Training Program (NET)

Wisconsin's Department of Public Instruction is operating a new nutrition education program that may be able to offer valuable resources to interested Wisconsin residents. During 1979 NET is evaluating available nutrition education materials. The results of the evaluation should be available in October 1979. Nutrition education consultants working out of local CESA offices can offer materials and consultation. Contact your local CESA office to locate the NET nutrition educator nearest you.

Project HAPPE (Home Aid for Parents in Pre-school Education)
Project H.A.P.P.E. Dissemination
7077 Brown Street
Oconomowoc, WI 53066
(414) 567-6963

Project HAPPE is a comprehensive program in parent education related to the management of the health and development of preschool children. Several of the program's components contain nutrition and health care information and are listed below. Contact Project HAPPE for other parent education materials.

Dial Harmony
A library of taped messages available for listening over the telephone. There are 15 tapes on safety, dental concerns and nutrition. Request the Dial Harmony brochure to get the access phone number and a listing of available tapes.

Helping Children Through Their Tricycle Years - $3.00
Health section suggests solutions to concerns parents have about health, including information on minor accidents, dental care, safety, and identification of illness. Another section consists of an assessment scale for evaluation of a child's development. A well organized and simplified booklet.

Getting to Know You - $2.00
Similar to the above booklet, but dealing with younger children. Organized according to age of child. Information on medical and dental health geared to each age level.

HEALTH AND SAFETY FOR YOUNG CHILDREN

The following resources focus on the major issues in the health, safety, and welfare of young children. Resources are included which offer assistance in planning health care programs as well as teaching health and safety concepts to very young children.

GENERAL HEALTH ISSUES IN CHILD CARE

Children depend on adults to provide them with essential good health care. Parents bear the primary responsibility which can sometimes become overwhelming. Any adult who cares for children, full or part time, can play a key role in guaranteeing each child the best health care possible. As childrens' caregivers, your objectives are to be informed about how to recognize health problems and initiate health care services for young children.

Child care providers need to be concerned with the following basic health areas. As you read the list, ask yourself if you and your staff are appropriately knowledgeable about each of these areas:

Management of minor symptoms of illness

Administration of medicine

Immunization requirements

Accident prevention

Basic first-aid

Routine health observation and intervention

Health status record keeping

Screening for developmental disabilities
- Language
- Sight
- Hearing
- Physical impairments
- Mental impairments

Dental services and screening

Personal hygiene

Environmental quality and safety

Health education

Community resources available

Nutrition

HEALTH PROGRAMS IN CHILD CARE - ADMINISTRATIVE GUIDES

Developing Concepts of Health in Early Childhood. Ruth Ehrig McGrath, 1977. $2.50.
D.O.K. Publishers, Inc.
71 Radcliffe Road
Buffalo, NY 14214

Discusses the value of a health program to the growth and development of young children. Offers basic information about nutrition, drug education, dental health, etc. Gives suggestions for curriculum and creative classroom experiences.

Day Care Health Services - A Guide for Project Directors and Health Personnel (#6). Free from HEW or $.75 from Government Printing Office.
Department of Health, Education and Welfare
Office of Human Development
Administration for Children, Youth and Families
Washington, D.C. 20013

Designed to help pre-school professionals plan and carry out services to meet the health needs of children and their parents. Provides lists of possible community sources to contact for help. Discusses administrative procedures and record keeping. Gives charts to help evaluate and acquire medical data. A sophisticated guidebook.

Day Care - Serving Preschool Children (#3). 1978. (Free)
Department of Health, Education and Welfare
Office of Human Development
Administration for Children, Youth and Families
Washington, D.C. 20013

One of a series of booklets on day care. This booklet presents a guide for how to organize a day care facility and how to choose one for a preschool child. Two valuable chapters on health and psychosocial services and nutritional services.

Nursery School and Day Care Center Management Guide. Clare Cherry et al, revised, 1978. $17.50.
Fearon-Pitman Publishers, Inc.
6 Davis Drive
Belmont, CA 94002

A large, loose leaf handbook designed to assist the director by detailing basic principles and procedures for managing a child care center. The health section outlines procedures for first-aid instruction, food poisoning, parent notification of accidents, health records, health education, resources, and referrals, etc. The safety section includes a checklist for hazards, safety procedures in cars, on the street, and around toys.

GENERAL HEALTH RESOURCES

The following associations provide free catalogs which describe a variety of pamphlets, posters and teaching packets suitable for young children.

American Academy of Pediatrics
P.O. Box 1034
Evanston, IL 60204

American Dental Association
Bureau of Dental Health Education
211 East Chicago Avenue
Chicago, IL 60611

American Medical Association
AMA Publications 0006
P.O. Box 821
Monroe, WI 53566

American Optometric Association
Communications Division
243 North Lindbergh Boulevard
St. Louis, MO 63141

Pharmaceutical Manufacturers Association
1155 Fifteenth Street, N.W.
Washington, D.C. 20005

Wisconsin Heart Association
c/o Educational Materials
795 N. Van Buren
Milwaukee, WI 53202

Single copies of booklets on day care, child development and behavior, immunization and safety are available free from:

Metropolitan Life
Health and Safety Education Division
One Madison Avenue
New York, NY 10010

Order this free set of small safety posters. A cute, short poem explains the perils of poisons, pills, water, tools, traffic, refigerators and tree climbing on seven different posters. Write:

Eli Lilly and Company
Public Relations Division
307 East McCarty Street
Indianapolis, IN 46206

DENTAL HEALTH

Care of Children's Teeth. 1976. Free.
American Dental Association
211 East Chicago Avenue
Chicago, IL 60611
A booklet using the question and answer format to educate parents about dental care.

Dental Health for Pre-School Children. Free
Wisconsin Department of Health and Social Services
Division of Health
Box 309
Madison, WI 53703

Start Now - (A Pre-school Dental Health Program)
Professional Services Division
Proctor and Gamble Company
P.O. Box 171
Cincinnati, OH 45201
Aids and resources in dental health education are combined in a packet able to serve 36 children. Each packet contains toothpaste and toothbrushes, a teaching manual, resource booklet, a record, award pins, sticker sets, parent leaflets, disclosing tablets and family award certificates. The packet costs $43.75. A complete description and ordering forms are available from Proctor and Gamble.

IMMUNIZATION

Children in Wisconsin often fall victim to diseases that are preventable with proper immunization. Some experts are predicting a new outbreak of polio in the United States if immunization programs continue to be ineffective in protection of all our children. Children in Wisconsin's child care programs are in a special position for they have concerned adults, in addition to their parents, to insure their protection against disease.

Make sure all the children in your child care center have been properly immunized. The following resources can assist you in this most important task:

1. Public Health Nurse (every county has one)
2. Physicians in your community
3. Wisconsin Department of Health and Social Services
   Division of Health

CHILD ABUSE

This critical problem has received much nationwide attention in the past few years. For information on identification or intervention in any suspected case of child abuse, contact one or both of the following:

1. Your local social service agency
2. Region V Child Abuse and Neglect Resource Center
   Center for Advanced Studies in Human Services
   University of Wisconsin-Milwaukee
   P.O. Box 786
   Milwaukee, WI 53201
   414/963-4184

The Region V Information Center serves the information needs of professionals in Wisconsin, Minnesota, Illinois, Indiana, Michigan and Ohio. Information packets developed by the Region V Center are available in all of Wisconsin's libraries. They also offer technical assistance and consultation services.

American Humane Association - Child Protection Division
5351 South Roslyn Street
Englewood, CO 80111
An association of individuals and agencies working to prevent neglect, abuse and exploitation of children.

Child Welfare League of America (CWLA)
67 Irving Place
New York, NY 10003
212/254-7410
Devotes its efforts to the improvement of care and services for deprived, dependent and neglected children, youth, and their families.

MENTAL HEALTH

National Institute of Mental Health
5600 Fishers Lane
Rockville, MD 20857
c/o Publications

The National Institute of Mental Health can provide materials to increase awareness and knowledge about children's mental health. An updated list of publications was compiled in December, 1978. One to ten free publications per request are available. The publications list includes a handy order form. Sample titles are:

Caring About Kids: Helping the Hyperative Child
Emotions in the Lives of Children
Helping Children Face Crises
The Mental Health of the Child

Wisconsin Association for Mental Health
P.O. Box 1486
119 East Mifflin Street
Madison, WI 53701
(608) 256-9041

The Wisconsin Association for Mental Health is interested in education and social action that will prevent mental illness and promote mental health. It publishes many pamphlets on the growth and development of children and other articles of interest to parents and families. A publications catalog is available upon request.

American Association of Psychiatric Services for Children
1725 K Street
Suite 1112
Washington, D.C. 20006

A multidisciplinary group of child mental health agencies and professionals.

HEALTH RELATED JOURNALS AND MAGAZINES

Dimensions, a Journal of the Southern Association on Children Under Six.

SACUS
Box 5403
B[illegible]y Station
Little Rock, Arkansas 72205
$2.00

"Livewire Youngsters Generate a Non-Stop Challenge" by Dorothy Ports, an article in Dimensions, June, 1976, offers a detailed outline on how to teach health and safety to young children. Goal is to develop children's understanding about health care professionals (doctors, nurses, etc.), accident prevention, fire safety and prevention, pedestrian and car safety, and outdoor and water safety. Back issues, including the June, 1976 issue, are available.

Current Health 2

Curriculum Innovations, Inc.
501 Lake Forest Avenue
Highwood, IL 60040

A magazine directed at high school students. Informative articles on health education. Easy to read format. $7.50

Young Children - Journal of the National Association for the Education of Young Children (NAEYC)

National Association for the Education of
Young Children
1834 Connecticut Avenue, N.W.
Washington, D.C. 20009
(202) 232-8777

NAEYC's bimonthly journal spotlights current projects, theory and research in early childhood, as well as practical articles. Subscriptions for nonmembers are $12 annually.

SAFETY PROGRAMS IN CHILD CARE

Child care providers are responsible for the safety of the young children in their care. Simple precautions can prevent minor accidents as well as major tragedies. All staff people need, at the very minimum, to be informed about basic first-aid procedures, evacuation plans and emergency phone numbers or contacts. The resources that follow can assist child care providers in their efforts to initiate, improve or up-date a safety program in their home or child care center.

A Sigh of Relief. (The First Aid Handbook for Childhood Emergencies). Martin I. Green, 1977. $6.95.

Bantam Books
66 5th Avenue
New York, NY 10019

A beautiful book, recommended as an addition to every bookshelf. Filled with practical illustrations and simple explanations for the prevention and treatment of common, childhood injuries. Recommended by Vincent Tofany, President of the National Safety Council. Produced in conjunction with the Red Cross and the National Poison Control Center.

Safety in the Preschool. $1.00

Parent Cooperative Preschools International
Whiteside Taylor Center for Cooperative Education
20551 Lakeshore Road
Baie d'Urfe, Quebec
Canada

Methods are given to ensure maximum freedom for children compatible with maximum safety.

American Red Cross

The Red Cross can provide assistance in planning a first-aid and safety education program. The services your local chapter may provide are:

- Personnel to teach young children about safety
- Educational materials
- Films and posters
- First-aid supplies
- Manikins (for use by trained personnel only)

Contact your local chapter of the American Red Cross. Most counties have a chapter. If not listed in the telephone directory, contact your Public Health Nurse.

SAFETY ASSOCIATIONS

National Child Safety Council

Materials and information on safety are distributed to community police and sheriff offices. Contact your local law enforcement agency to receive assistance in safety education. Perhaps a "man in blue" will visit your child care program.

Project Burn Prevention

Educational Development Center
55 Chapel Street
Newton, MA 02160

Three bright posters and a booklet "Protect Someone You Love" (30¢) are available. The booklet is an excellent resource manual for parents and staff. The danger, prevention and emergency treatment of burns is covered in an interesting format.

National Fire Protection Association

Publications Sales Department
470 Atlantic Avenue
Boston, MA 02210
(617) 426-2525

Provides educational materials for young children using a dog named Sparky as a theme. There are Sparky coloring books, Sparky comics, Sparky songs and games and more. Request a publications catalog for more detailed information on appropriate materials and visual aids. A teacher's packet with sample materials is offered free of charge.

American Automobile Association (AAA)

An inexpensive set of five booklets is available from any AAA office in the USA. The AAA is trying to reduce traffic accidents by teaching young children and their parents about traffic safety.

CURRICULUM RESOURCES IN HEALTH AND NUTRITION

The following publications and associations offer curriculum ideas for teaching health, nutrition and safety concepts to young children:

The Idea Box (Austin Association for the Education of Young Children), 1973, $5.75.
NAEYC
1834 Connecticut Avenue N.W.
Washington, D.C. 20009

The Idea Box is listed in the NAEYC catalog called Books, etc.. It is a set of five booklets with ideas for learning environments, administrators, teacher planning, creative curriculum, and teaching with nature.

Science Experiences for Young Children by Viola S. Carmichael, $3.50.
Southern California AEYC
Box 691
Sierra Madre, CA 91024

A comprehensive resource book for teachers, containing 16 categories: plants, rocks, birds, fresh and salt water plants and animals, weather, outer space, the human body, senses, cooking, machines and electricity. Each section has background information, classroom projects, art and craft ideas, book lists for both children and teachers and recommended records and films.

Curriculum Ideas for Young Children by Viola S. Carmichael, $3.50.
Southern California AEYC
Box 691
Sierra Madre, CA 91024

In answer to many requests, the author has compiled a second invaluable resource book using a similar format to Science Experiences for Young Children. The subjects include: children's home and families, community helpers, weight, size and shape concepts, self-concepts, farm and farm animals, foods, seasons, children of other countries, transportation, exploring sand and water.

The National Science Teachers Association

National Science Teachers Association
1742 Connecticut Avenue, N.W.
Washington, D.C. 20009

The National Science Teachers Association publishes a catalog describing resources to improve science education. Some of the publications relate easily to the health and nutrition education of young children:

Health and Nutrition Science Packet

Teaching kit for Kindergarten through eighth grade teachers contains fourteen teaching aids from food producers and various health related organizations. A teacher's guide with lesson plans and a listing of additional resources is also included. $3.00.

How to Care for Living Things in the Classroom

This booklet provides elementary teachers with the information they need for choosing and caring for plants and animals within the classroom. Children learn from watching things grow. $1.00.

FILMS - AUDIO VISUAL AIDS - BOOK PUBLISHERS

Films are often efficient educational tools when working with parent groups or staff training. The following companies offer film catalogs with attached order forms. A few film titles are listed, as a sampling of films available from each company. Not all are available on a rental basis.

American Educational Films, Inc.
132 Lasky Drive
Beverly Hills, CA 90212
213/278-4996

Sample titles:

Nutrition: The Inner Environment	(16 mm, color, 15 min.)
CPR: Basic Life Support	(16 mm, color, 20 min.)
Immunization Now	(16 mm, color, 20 min.)

Modern Talking Picture Service
Film Library
9129 Lyndale Avenue South
Minneapolis, MN 55420
612/884-5383

Modern Talking Pictures
910 Pennsylvania Avenue
Pittsburgh, PA 15222

Sample titles:

Jenny is a Good Thing (16 mm, color, 18 min.)
A Head Start film on nutrition developed primarily for staff training and discussion groups with parents. Check with your local library or Head Start Center for free access to the film. Also available from FNIC and the Wisconsin Division of Health.

Parents' Magazine Films, Inc.
52 Vanderbilt Avenue
New York, N.Y. 10017

Sample titles:

Child Development and Child Health: Food and Nutrition
Child Development and Child Health: Health and Safety
(Both of the above are a series of five filmstrips with records or cassette tapes. Check with local library for free access.)

Churchill Films, Inc.
662 North Robertson Boulevard
Los Angelos, CA 90069

Sample titles:
The Eating Feel Good Movie (16 mm, color, 6 min.)
The Washing Feel Good Movie (16 mm, color, 6 min.)

Crawley Films
c/o McGraw-Hill Films, Inc.
330 West 42nd Street
New York, N.Y. 10036

Sample title:
Growing Up Safely (16 mm, color, 25 min.)

Health Multi-Media Catalog (1977)
Division of Health
Wisconsin Department of Health and Social Services
P.O. Box 309
Madison, WI 53701
Lists films, filmstrips, records, slides and tapes. Subjects include dental health, first aid, immunization, infant care, nutrition, safety and personal hygiene.

BOOK PUBLISHERS

Gryphon House - Distributor of books for young children.
Gryphon House
3706 Otis Street
Box 217
Mount Rainier, MD 20822
Gryphon House puts out a very good, annotated catalog of books for children. The catalog includes a subject and title-author index. Many books are listed which relate to health and nutrition, as well as books on children's feelings, emotions and attitudes. The catalog also includes books for the teacher's or parent's bookshelves. Gryphon House emphasizes books with non-sexist, multi-ethnic content. The Day Care and Child Development Council for America, Inc., distributes its publications through Gryphon House. Request the 1979 catalog.

NUTRITION EDUCATION AND FOOD SERVICE RESOURCES

Food and nutrition, traditionally treated as a separate category within the broad area of health, is an integral part of health education in child care programs. To avoid confusion, this separation is maintained within this resource guide. The following section focuses on nutrition education and food service resources.

FOOD AND NUTRITION INFORMATION CENTER

The Food and Nutrition Information and Education Resources Center (FNIC)

FNIC
National Agricultural Library
Room 304
Beltsville, MD 20705

Telephone: (301) 344-3719

FNIC offers a variety of FREE information and materials to interested educators and administrators. FNIC is an information center that serves people who are interested in human nutrition, food service management, and food technology.

FNIC acquires and lends books, journal articles and audio-visual materials that deal with human nutrition, food service management and food science. The audio-visual collection includes motion pictures, film strips, slides, audiocassettes, film loops, posters, charts, games and transparencies. The Center's collection ranges from children's materials through the most sophisticated professional information.

FNIC lends books for a period of one month. It provides photocopies of up to six requested journal articles at a time. It loans up to three audio-visual items at a time, for a period of two weeks. (Do not order them more than one month ahead of the data on which they will be used.) FNIC's staff answers specific questions about food and nutrition.

Contact FNIC by letter or telephone, or have inter-library loan requests directed to FNIC. The Center has a 24-hour monitor to record telephone requests outside business hours. The Center is open Monday through Friday, 8:00-4:30 p.m.

NOTE: FNIC pays the postage for ordered materials, including the postage for returning books or films. This is a valuable resource!

To use FNIC effectively, you must first have access to their catalogs. The catalogs index and briefly describe all available material. Requests for materials require the use of the catalog accession numbers which are specific to FNIC. Order the catalogs directly from FNIC. Beginning in mid-1979 there may be a $7.50 fee for the catalogs. Wisconsin's university library system holds the catalogs and/or your local public library may be able to obtain them for you.

FOOD SERVICE IN CHILD CARE PROGRAMS

Children in Wisconsin's day care centers are entitled to receive nutritious meals and snacks. Wisconsin has the personnel and funds to assist you in starting or expanding your food service program. The Food and Nutrition Service of the Department of Public Instruction is eager to answer questions, assist in planning food service and advise about reimbursement for meals served. Information on the Federal Child Care Food Program is also available. Do not hesitate to contact:

Mr. Rich Mortensen
Food and Nutrition Services
Department of Public Instruction
126 Langdon Street
Madison, WI 53703
608/266-2416 or 608/266-3509

There are many excellent guidebooks and recipe books to assist the food service director and/or cook in preparing and serving nutritious meals and snacks. Some of these books are free through the USDA, others can be purchased or rented through your public library or FNIC.

Simplified Recipes for Day Care Center. Patricia D. Asmussen, 1973.
Cahners Publishing Company
51 Sleeper Street
Boston, MA 02210

Designed to assist day care cooks in planning, preparing and serving meals and snacks. The recipes are based on 25 child-size servings to meet the nutritional needs and appetites of the average two to six year old child. Amounts are given in standard measures. Convenience foods are used to save time, so desserts, use refined sugar primarily. Includes a very helpful food buying guide.

Natural Cooking - The Prevention Way. Charles Gerras, 1972.
Rodale Press
Emmaus, PA 18049

This book has excellent snack ideas. Rodale Press books are controversial among nutritionists because of their pro-natural foods stance.

GOVERNMENT PUBLICATIONS - FOOD SERVICE

Discovering Vegetables
This booklet describes great learning experiences to help children discover the goodness of vegetables. Free.

School Food Services
Department of Public Instruction
126 Langdon Street
Madison, WI 53706

The following resources are free from USDA. Wisconsin day care centers can order their copies from Madison:

Food and Nutrition Service
Department of Public Instruction
126 Langdon Street
Madison, WI 53703
608/266-3509

Quantity Recipes for Child Care Centers (FNS-86)
A set of file cards indexed by food category. Recipes designed to feed 50 children.

Food Buying Guide for Child Care Centers (FNS-108)
Offers a buying guide for estimating amounts of food needed. Supplemented by lists of common can and jar sizes and substitutions. Also includes tables of abbreviations, symbols and equivalent common food measures.

A Planning Guide for Food Service in Child Care Centers (FNS-64)
Offers useful tips on food purchasing, menus, food preparations, suggested frozen foods, meal patterns, acceptable bread products to meet licensing standards, sanitation and nutrition education.

FOOD SERVICE ASSOCIATIONS

American School Food Service Association (ASFSA)
4101 East Iliff
Denver, CO 80222

ASFSA publishes a catalog which describes a variety of useful, low-cost teaching and training materials. Some sample titles are:

"A Cook's Guide to Do-It-Yourself Food Art"	($ .15)
"Fun with Foods Coloring Book"	($ .60)
"Bibliography of Nutrition & Nutrition Education"	($1.00)

NUTRITION EDUCATION RESOURCE CATALOGS

Index of Nutrition Education Materials. Revised edition, 1977. $8.7[illegible]
Office of Education and Public Affairs
The Nutrition Foundation, Inc.
888 Seventeenth Street, N.W.
Washington, D.C. 20006

A 240 page "bible" of nutrition education materials. The index was prepared to help nutrition educators, other professionals and the general public acquire useful educational materials. Materials are coded according to readership level. Includes written materials, audio-visual aids, games and posters, plus state or regional offices of government agencies, professional organizations and trade associations.

Catalog of Nutrition Education Material. Revised edition available September, 1979.
Family Circle Magazine
Merchandising Department
488 Madison Avenue
New York, NY 10022

This free, informative resource catalog is written for the general public.

Nutrition Education - A Multidisciplinary Approach. Wisconsin Department of Public Instruction, 1977. $2.00.
Food and Nutrition Services
Department of Public Instruction
126 Langdon Street
Madison, WI 53703

Nutrition Information Resources for the Whole Family. National Nutrition Education Clearing House (NNECH), January, 1978. $.30.
NNECH
Society for Nutrition Education
2140 Shattuck Avenue, Suite 1110
Berkeley, CA 94704

Guidelines for finding reliable nutrition information sources and for judging books and articles are given for the lay public. Nearly 25 books are listed in categories of basic nutrition, feeding your family, and our food. Recommended periodicals and pamphlets are listed with nutrition education resources from government, professional and health organizations, and other associations. NOTE: Please enclose a pre-addressed and stamped, legal sized envelope (4"x9½") when ordering single copies of nutrition information resource pamphlets.

Preschool Nutrition Education Monograph. National Nutrition Education Clearing House (NNECH), November, 1978. $4.50.

NNECH
Society for Nutrition Education
2140 Shattuck Avenue, Suite 1110
Berkeley, CA 94704

This monograph contains more than 100 pages of selected articles useful to teachers, students, parents and others interested in the nutrition education of preschool children. Articles included are on the topics of food habits and nutrient intake of preschool children, and descriptions of programs on preschool nutrition education, parent education, and day care personnel training. Full reviews of audio-visual materials as well as an annotated bibliography and references for further study are included.

Elementary Teaching Materials and Teaching References.
National Nutrition Education Clearing House (NNECH), August, 1975 (revised) $2.50.

NNECH
Society for Nutrition Education
2140 Shattuck Avenue, Suite 1110
Berkeley, CA 94704

A compilation of printed and audiovisual educational materials useful as teaching tools and reference materials for teachers and others involved in teaching nutrition to elementary level students. Categories include activities, coloring books, charts and posters, filmstrips and slides, and games.

STAFF TRAINING MATERIALS

Introductory nutrition textbooks can give child care providers a broader base of information and understanding of nutrition principles. The following basic books are used in introductory college nutrition courses.

Nutrition and Food Choices. Kristen W. McNutt and David R. McNutt, Science Research Associates, Inc., Chicago, 1978.

Nutrition in Action. Ethel Austin Martin and Ardath Anders Collige, Holt, Rinehart and Winston, New York, 1978.

Introductory Nutrition. Helen Andrews Guthrie, C.V. Mosby Company, Saint Louis, 1971.

Many early childhood journals have articles which discuss and give advice on how to integrate cooking into young children's educational programs. Those of you who are unsure of how to start or what procedures to use to facilitate a successful cooking experience in your day care center may find the following journal articles helpful.

"Cooking in the Curricula", by Harlene Galen, Young Children, January 1977.

"Careful Management Assures Success" by Jean James, Dimensions, March, 1975. NOTE: Dimensions is the journal of the Southern Association on Children Under Six (SACUS). Back issues, including the March, 1975 journal, may be ordered for $2.00.

SACUS
Box 5403, Brady Station
Little Rock, AR 72205

The following training guide was used in a nutrition workshop offered at the 1979 Wisconsin Early Childhood Association state convention.

How Children Learn About Food by Ruth Klippstein and Marjarie Washbon.

This guide is for teaching parents or caregivers about children's food habits. A series of 20 pictures and/or slides illustrate typical experiences and situations that influence children's attitudes about food. The accompanying text offers stimulating discussion questions. It is available for rent. The address varies according to whether you prefer slides or flashcards (8½" x 11").

SLIDES:
Visual Communications
412 Roberts Hall
Cornell University
Ithaca, NY 14850

FLASHCARDS:
Duplicating Services
New York State College
of Human Ecology
Ithaca, NY 14850

COOKING WITH CHILDREN

Children benefit greatly through involvement in food preparation. They can learn elementary science concepts, mathematics and language skills, as well as how to make nutritious snacks. The children can increase their small muscle development by handling food and utensils. They are exposed to principles of safety and art. All children like food and while learning about different foods will acquire good food habits.

The following resources offer curriculum ideas, activities, lesson plans and recipes. The books can assist educators and caregivers in planning creative and educational food experiences for small children.

Creative Food Experiences For Children. Mary T. Goodwin and Gerry Pollen, 1973. $4.00.
Center for Science in the Public Interest
1755 S Street, N.W.
Washington, D.C. 20009

Written to help teachers, nutritionists and parents use food related activities with children to teach them about food and nutrition. Included is information on resources, recipes, supplies and equipment needed, and detailed lesson plans and presentation methods. Designed to be a resource for pre-school programs and parents.

More Than Graham Crackers - A Guide to Nutrition Education and Food Preparation with Young Children. Nancy Wanamaker, et al, 1978. $5.45.
Idaho-Washington Association for the
Education of Young Children
School of Home Economics
University of Idaho
Moscow, ID 83843

Designed to involve children in food preparation as a basis for learning about food, nutrition, science, math and other areas of education. Written by early childhood educators with practical ideas. Recipes include learning objectives and suggested supporting books and activities to enhance the learning experience.

The Second Whole Kids Catalog. Peter Cardozo, 1977. $7.50.
Bantam Books
414 E. Golf Road
Des Plaines, IL 60016

Full of ideas and activities for children of all ages. The section on cooking suggests cookbooks for kids. The section called "Free and Almost Free" lists low cost or free publications that can be ordered - a few on health and nutrition. Recommended for parents and family day care providers who are also parents.

4-H Children's Chowder Nutrition Education Program.

4-H Office
Cooperative Extension Service
P.O. Box 8645
Ann Arbor, MI 48107

The 4-H nutrition education program called, "Children's Chowder", includes lesson plans, fun books, annotated bibliographies, and a parent participation manual for children in pre-school through the sixth grade.

The Lesson Plans help create a learning environment in which children can discover in some detail how food is related to health, growth, and personal well-being. The activities have been designed to encourage children to use their enthusiasm and curiosity in a learning environment that permits them to assess and evaluate nutrition information and to develop a sense of responsibility for their own nutrition.

Child directly experience and explore foods by squeezing, smelling, seeing, and tasting; like making peanut butter, growing beans, grinding flour to make bread, frying plantains, etc. Children are encouraged to relate good nutrition to their own bodies and to their own experiences (e.g. trace-a-person activity, evaluating diets, planning meals, setting up grocery stores, nutrition football, etc.)

The lesson plans are flexible with lots of room for creativity. Hopefully the activities in "Children's Chowder" will serve as catalysts to open doors to children's questions, and to assist teachers and parents to create their own stimulating activities for children. A detailed brochure that includes ordering and price information is available from the 4-H Office.

The Road to Good Health. The Yakima Home Economics Association, 52 pages, $2.00.
The Yakima Home Economics Association
Box 2424
Yakima, WA 98902

Designed for readers with limited reading ability. Features basic nutritional information and simple illustrations. The recipe section is very good, providing nutritious, easy to prepare recipes (suggested serving size is geared to adult appetites). Could be especially helpful to directors or cooks in small day care operations who have little nutritional background.

The Good For Me Cookbook. Karen B. Croft, 1971. $1.95 plus 30¢ postage.
R and E Research Associates
936 Industrial Avenue
Palo Alto, CA 94303

An attractive, 70 page cookbook designed to broaden children's tastes, involve them in food preparation and develop good eating habits by making nutritious foods enjoyable. Whole grain foods, fresh fruits and vegetables and low sugar foods are emphasized. The author suggests responsibilities your children can handle during food preparation.

The Mother-Child Cook Book: An Introduction to Educational Cooking. Nancy J. Ferreira, 1969. $2.95 plus 35¢ postage.
Pacific Coast Publishers
4085 Campbell Avenue
Menlo Park, CA 94025

A book to use with children at home and in school. One section gives ideas on organizing a cooking program and discusses how food preparation can be made a meaningful teaching method. A variety of recipes for use in an elementary teaching program is included.

Let's Cook Today. James K. Hartley, Ruth Goodman and Eleanor Dunn, 1974. $3.95.
Child Focus
1230 Keats Street
Manhatten Beach, CA 90266

A primary cookbook designed by California teachers. Cooking units include skill development from several subject areas. The "What Could You Do With a Potato" section has many unique science, language arts and math ideas revolving around the potato.

Fixing and Eating - Food Activities for Young Children. Harriet A. Stevens, 1974. $3.50.

Campus Stores
The University of Iowa
17 West College Street
Iowa City, Iowa 52242

This book is designed to teach nutrition to children by getting them involved in preparation. Recipes emphasize use of unrefined grains and sweeteners and many are suitable for teachers with no cooking experience. Includes suggested teaching techniques and materials. Extensive resource section could be very helpful.

The Taming of the C.A.N.D.Y. Monster. Vicky Lansky, 1978. $4.45

Meadowbrook Press
16648 Meadowbrook Land
Wayzata, MN 55391

A useful cookbook for parents and day care personnel. It features nutritious, whole grain, low sugar snacks and meals.

Feed Me! I'm Yours - A Recipe Book for Mothers; Delicious, Nutritious and Fun Things to Cook Up For Your Kids. Vicky Lansky, 1976, 118 pages.

(See above for ordering information.)

Features basic nutrition facts with creative ideas for feeding young children. Designed for new mothers. Recipes could be helpful to day care personnel.

Resources for Creative Teaching in Early Childhood Education. Bonnie Mark Flemming, Darlene Saftley Hamilton, JoAnne Deal Hicks, 1977. $13.95.

Harcourt Brace Jovanovich, Inc.
757 Third Avenue
New York, NY 10017

A large 640 page resource book packed full of curriculum ideas for many learning experiences. The section called "Food in My World" includes guidelines for teaching children, group activities, materials and an excellent recommended resources section. No recipes but neat ideas like "Sing a Song of Applesauce".

Cool Cooking for Kids - Recipes and Nutrition for Preschoolers. Pat McClenahan and Ida Jaqua, 1976. 170 pp. $5.50.

Fearon Publishers, Inc.
6 Davis Drive
Belmont, CA 94002

Gives ideas and recipes for teaching young children how to cook. Foods prepared with and without heat, equipment suggestions, safety tips and management ideas. Good nutrition for health is stressed.

Crunchy Bananas - and Other Great Recipes Kids Can Cook. Barbara Wilms, 1975. 111 pp.

Sagamore Books
P.O. Box 11606
Salt Lake City, UT 84111

A simple and fun book filled with nutritious recipes very young children can cook and enjoy eating. Suggestions for making cooking a learning experience are included.

A Child's Garden - A Guide for Parents and Teachers. Louis Czuffin (Editor), 1976. 53 pp. $.50 or free to teachers.

Chevron Chemical Company
P.O. Box 3744
San Francisco, CA 94119

A teacher's guide for planting and growing plants indoors and outdoors. Full of ideas and well illustrated.

Food for Little People. $1.00.

City of Berkeley Department of Public Health
Berkeley Unified School District
Department of Public Health
2121 McKinley Avenue
Berkeley, CA 94703

Teachers, parents and day care center workers prepared this booklet about snacks and ways to help children learn about food. Also included are stories and activities involving food.

INDUSTRY ASSOCIATED COMPANIES AND AGENCIES

Several food corporations and affiliated agencies are accepting the responsibility to provide nutrition education materials to the general public. Many, but not all, materials are free from product promotion or advertisement. The factual information, when separated from the promotion or advertisement, is usually presented in a clear, simple style. This makes the information a useful, or at least entertaining, inexpensive educational aid. The educational materials designed for lower elementary can be easily adapted for pre-school children.

Most of the corporations listed below publish catalogs that list available materials and provide ordering information and prices. Most of the materials are free or very low cost. The starred items have materials especially suited to pre-school aged children.

American Institute of Baking
1213 Bakers Way
Manhattan, KS 66502

*International Apple Institute
2430 Pennsylvania Avenue, N.W.
Washington, D.C. 20037

Kellogg Company
Public Affairs Department
Battle Creek, MI 49016

Kraft, Inc.
500 Peshtigo Court
Chicago, IL 60690

National Live Stock & Meat Board
444 North Michigan Avenue
Chicago, IL 60611

*Rice Council for America
P.O. Box 22802
Houston, TX 77027

*Sunkist Growers, Inc.
Consumer Services, Flbd. 78
Box 7888
Van Nuys, CA 91409

*State of Florida
Department of Citrus
School & Institutional Marketing Dept.
Lakeland, FL 33802

*The National Peanut Council
Communication Division
One Illinois Center
111 East Wacker Drive
Chicago, IL 60601

*The Potato Board
1385 South Colorado Boulevard
Suite #512
Denver, CO 80222

The Pillsbury Company
Department of Nutrition
608 Second Avenue South
Minneapolis, MN 55402

NUTRITION RELATED ASSOCIATIONS

American Dietetics Association
430 North Michigan Avenue
Chicago, IL 60611

ADA publishes an extensive catalog of books, AV materials and reprints of ADA Journal articles. Their materials are addressed primarily to professionals. Some reprints of journal articles are of note:

"Nutrition Education in Day-Care Programs" (Aug 1973-$1.25)
"Preventing Obesity in Childhood" (June 1962-$ .95)

American Home Economics Association (AHEA)
AHEA
2010 Massachusetts Avenue, N.W.
Washington, D.C. 20036

Publishes books, teaching packets and other resources related to child development, day care and nutrition. Price range $4.00-$6.00. Request publications catalog.

American School Food Service Association (ASFSA)
4101 East Iliff
Denver, CO 80222

ASFSA publishes a catalog which describes a variety of useful, low-cost teaching and training materials. Some sample titles are:

"A Cook's Guide to Do-It-Yourself Food Art" ($ .15)
"Fun with Foods Coloring Book" (.60)
"Bibliography of Nutrition and Nutrition Education" ($1.00)

The National Dairy Council has affiliate offices in Wisconsin that provide many excellent nutrition education materials. Wisconsin organizations are allowed $3.00 worth of free materials. Order the Dairy Council's catalog from the area office nearest you:

The Dairy Council of Wisconsin, Inc.
12345 West Capitol Drive
Milwaukee, WI 53222
414/466-1340

The Dairy Council of Wisconsin, Inc.
2999 West Spencer Street
Appleton, WI 54911
414/731-2651

The Dairy Council of Wisconsin, Inc.
2805 East Washington Avenue
Madison, WI 53704
608/241-4923

ADDITIONAL AIDS AND RESOURCES

The following materials are meant to be immediately useful to child care providers and parents. Checklists, recipes, curriculum ideas and directions for sprouting seeds are included.

HEALTH AND SAFETY CHECKLIST

Health and safety considerations are easy to overlook in a busy day care center or family home. Accidents and illness are unpredictable and their absence sometimes causes a lowering of the guard. The following checklist will serve as a reminder and guide to help you prevent accidents and/or serious illness.

Telephone numbers to post:
- Physician
- Police
- Poison Control Center
- Hospital
- Ambulance
- Drug Store
- Fire Station
- Taxi Service

First-Aid Kit stocked and easily accessible.
Scale on premises to record significant weight loss or gain.
At least one person on staff can give cardiopulmonary resuscitation (CPR).

Poisons are out of reach:
- Drugs and medicine
- Cleaners
- Pesticides
- Gardening supplies
- Petroleum products

Electrical sources are safeguarded:
- Dummy plugs in unused outlets
- Electrical cords in good condition
- Electric circuits not overloaded

Burn prevention planned for:
- Hot radiators or pipes insulated
- No combustible litter in attics, basements or garages
- Matches out of reach
- Cooking appliances used properly
- Pot and pan handles turned to back of range

Catastrophy planned for:
- Tornado
- Fire
- Electrical storm

Outdoor safety considered:
- Water
- Busy streets
- Dangerous objects or high places

IDEAS FOR TEACHING CHILDREN ABOUT THEIR BODIES

OVERVIEW

Most young children have given little or no thought to the appearance or functions of the parts of their own bodies. The purpose of this lesson is to make the children more fully aware of the various body parts and their names.

AIMS

To teach children to identify and to develop a vocabulary for the parts of the human body.

MATERIALS

A large flannel board with a "home-made" cutout of the human figure, a box of "home-made" flannel cut-out pieces of the facial features and other parts of the body, a large cardboard cutout figure of the body, crayons.

ORAL VOCABULARY

Head, eyes, ears, nose, mouth, teeth, chin, cheek, neck, shoulders, arms, elbows, hands, fingers, hips, trunk, legs, knees, feet, toes.

HOW TO BEGIN

Begin by playing a finger game with the children. Here is a useful one:

> Two little eyes that open and close,
> Two little ears and one little nose;
> Two little cheeks and one little chin,
> Two little lips with the teeth closed in.

PROCEDURE

Use the rhyme several times until all the children have entered thoroughly into the spirit of the game and are using the terms freely. Then, call upon individual children by name and ask, "Johnny, show me your ears", and "Sally, show me your arms". Give each child a turn. Next, use the identical procedure, but ask the children to point out the body parts on the cardboard figure, rather than on themselves.

At this time introduce the flannel board which has on it a large human figure minus the facial features. Hand the child the two eyes, or the nose, etc., and ask him to put the eyes or the nose in the proper place. Gradually, permit the children to pick out the facial parts themselves and place them properly without any other specific instructions.

PROCEDURE (continued)

Next leave the flannel cutout on the board and permit the children to pick out body parts and build another body next to the sample. The children can verbalize the names of the parts as they are added. Permit the children to draw a crayon picture of their own versions of the human body.

Some interesting concepts will result and discussion can be held as to suggested corrections. When corrections are made, be careful not to discourage the creative aspect of the art. Children often have a unique and beautiful way of interpreting their world.

IDEAS FOR GOING FURTHER

Have the children name what they brought in and tell what they know about figures.

Children can draw or paint pictures of each other.

Note: "The Parts of the Body" appeared in Beginning Science - A Modern Approach by Abraham S. Fischler, Lawrence F. Lowery and Sam S. Blanc. Copyright 1966 by Holt, Rinehart and Winston, Inc. Reprinted by permission.

IDEAS FOR TEACHING NUTRITION

Science teachers often use food as a means to teach about basic botany, biology and other scientific principles. "Ideas for Teaching Nutritional Concepts in the Classroom" by Margaret McIntyre, appeared in February, 1976 journal, Science and Children. Dr. McIntyre is Professor of Early Childhood at George Washington University. The following ideas are Dr. McIntyre's:

*Visit a supermarket and/or farmers market, meat market or food locker

*Compare stem vegetables
- what is a stem for?
- make snacks from celery, asparagus, mushrooms (with stems)

*Compare fruits
- skin, stem, core, pulp and blossom
- discuss value of fruit over cookies and candy
- dry grapes on a window sill to make raisins

*Compare cheeses
- color, shape, appearances, taste, smell
- melt swiss and cheddar and compare the products
- discuss protein, calcium as good for bones and teeth

*Compare animal proteins - beef, pork, lamb, chicken, fish
- discuss what different animals eat
- picture games, slides and movies about protein

*Compare vegetable proteins (peas, beans, lentils, peanuts)
- explore size, shape, color, feel
- soak in water and let kids note expansion
  - (where did water go?)
  - (how do beans feel now?)
  - (why are beans soaked?)
  - (what can you do with soaked beans?)
- try sprouting beans

*Compare nuts (buy unsalted, non-oiled if available)
- look at nuts in their shells
- discuss size, shape, color, texture, smell
- crack nuts and compare nutmeats
- prepare and eat a nut recipe

*Compare seeds (sesame, sunflower, pumpkin, caraway, poppy)
- discuss taste, hardness, color and size
- stress nutritional value of seeds over usual snack foods

*Compare grains (wheat, oats, barley, rice, corn, buckwheat)
- bring in dried stalks if possible
- grind grains in a hand grinder to show flour
- compare white flour to freshly ground flour
- make pancakes as a quick recipe using fresh ground flour (or store bought whole grain flours)
- discuss cereals made from grain (sprayed with sugar and artificial colors)
- make granola
- compare breads (many varieties)

NUTRITIOUS NO-COOK SNACK RECIPES

PEANUT BUTTER ROLL-UPS

Whole wheat bread
Freshly ground peanut butter
Jelly

*Roll out bread quite thin and remove cursts. Spread with peanut butter and jelly. Roll each and slice (short way). Freeze in single layer and serve from freezer.

HONEY BUTTER

1/2 cup butter
1/2 cup honey

*Mix ingredients together well and store in refrigerator to use as spread.

HONEY BUTTER AND TOFU

Honey butter
Tofu
Whole wheat bread

*Remove crusts from whole wheat bread and cut into squares. Spread each square with honey butter and top with thin slices of tofu.

PEANUT BUTTER CANDY

1 lb. freshly ground peanut butter
1/2 cup dried milk
5 tblspns. honey

*Mix ingredients well with hands - roll out and cut in squares. Freeze for easy storage.

FROZEN JUICE POPS

Unsweetened fruit juice (orange, apple, etc.)

*Pour juice into popsicle molds or use tray. When partially frozen, insert popsicle sticks. Freeze again.

YOGURT CAROB POPS

Yogurt - 2 cups
Carob powder - 2 tablespoons

*Mix ingredients well and freeze as in above recipe.

BANANA MOUNTAINS WITH PEANUT CLIMBER

Bananas
Peanuts (unsalted)

*Peel banana and cut in half width wise. Place cut end on plate and insert peanuts all over banana.

SMOOTHIE

1 cup orange juice
1 cup plain yogurt
4-6 frozen strawberries
1/2 or whole banana

*Blend all ingredients in electric blender. The frozen strawberries make a colder, thicker smoothie. A delightful, popular substitute for ice cream drinks. Note: Bananas can be frozen too - slice in chunks and freeze inside a plastic bag. Use as needed to thicken smoothies.

CREAM CHEESE SPREAD

1 8 oz. pkg. cream cheese
1 carrot, grated
4 scallions, slivered

*Cream together all ingredients. Serve as a healthful spread on any whole-grain cracker.

CAROB-HONEY SYRUP

1 cup honey
4-6 tablespoons carob (to taste)

*Combine above ingredients with enough boiling water (about 1/4 cup) to make the mixture blend. Refrigerate.

MOCK FUDGSICLE

Milk
Carob-honey syrup

*Prepare "chocolate milk" using carob-honey syrup and freeze in either ice cube trays or freezer pops for a fudgsicle-like treat.

DATE TREAT

Dates, whole
Sunflower seeds, unsalted
Cream cheese

*Halve dates and stuff with cream cheese to which you have added 1/4 cup sunflower seeds. Put halves together and refrigerate.

SPICY SUNFLOWER SEEDS

2 cups sunflower seeds, unsalted
1 tablespoon tamari sauce

*Toss ingredients until seeds are evenly coated. Place on cookie sheet and bake in 350° over about 20 minutes (or until seeds are dry). Turn frequently.

BLENDER PEP DRINK

1 cup orange juice
1 tablespoon honey
1 tablespoon powdered milk
3 ice cubes

*Blend all ingredients in electric blender. Blend until frothy. Drink immediately for a quick, healthy energy boost.

SPROUTING SEEDS

Sprouting beans or seeds can be a fascinating way to teach children about plant growth as well as the pleasures of eating FRESH vegetables. Growing sprouts is easy, fast and inexpensive. A great variety of beans and seeds can be sprouted. Alfalfa seeds are a favorite, as the sprouts are small, delicately flavored and very pretty.

Necessary Equipment and Materials:

1. Clean glass jars - quart size for group experience or baby food size for individual experimentation.
2. Cheesecloth or nylon screening to cover top of jar.
3. Rubber band or Mason lid to hold screening material in place.
4. Water for rinsing seeds.
5. Seeds or beans like alfalfa, radish or sunflower seeds, grains, peas, soybeans, lentils, mung beans, etc. For amount, see chart. (If using baby food jars, ½ to one teaspoon of seeds per jar will do.)

Directions for Sprouting:

1. Measure seeds into jar - cover with cloth or screen and Rinse several times with warm water.
2. Soak seeds in ½ a jar of water for length of time indicated on chart.
3. Drain water from jar through the screen and rinse seeds until water runs clear.
4. Gently shake seeds to distribute evenly around the sides of the jar.
5. Store jar on its side in a warm, dark place - like a closet or cabinet.
6. Rinse seeds and drain well two times a day (three in hot weather) during the growth period.
7. Place jar in light (not direct sun) for the last one or two days of the sprouting - when the tiny leaves are visible. Light causes the sprouts to turn bright green. Rotate the jar and rinse as directed during this "light" period.

8. When sprouts have developed to desired stage, cover with plastic or solid cover and refrigerate. They are best fresh, but will keep a few days, like any vegetable.

9. Eat! Raw sprouts are delicious in sandwiches, on salads or just plain. Larger sprouts may be lightly soaked to tenderize, or added to soups and casseroles.

GROWING GUIDE FOR SPROUTS

Type of Sprout	*Quantity per quart	Soak time(hours)	Growing time(days)
Alfalfa (Radish, fenugreek and other small seeds)	One Tablespoon	five to eight	five to seven
Lentil or Mung	two to three TB	twelve to sixteen	three to four
Sunflower (hulled)	½ cup	eight to ten	two to three
Pea or Garbanzo	½ cup	twelve or sixteen	three to five
Soybean	½ cup	eight to ten	three to five

*These measures are only a guide, with experience you may wish to vary the amounts.

ALSO AVAILABLE FROM WECA:

--Signposts and Roadblocks, WECA's monthly public policy bulletin for child care advocates.

--Directory of Wisconsin Statewide Organizations for Young Children and Their Families, a listing of private, non-profit, statewide organizations concerned with the well-being of families and children. 33 pages.

--WECA's Guide to Parent Involvement Resources, a guide for child care providers, parents, and others with focus on parenting and child development. 80 pages.

--WECA's Guide to Early Childhood Curriculum Resources, for child care providers and others planning educational activities for children. Emphasis on practical day-by-day planning.

--Child Care in Wisconsin, types and availability. Facts on the growth of child care need in Wisconsin. A fold-out chart on types of child care.

--Children and Poverty: facts on how Wisconsin's children are affected by poverty. Folds out to 16 x 20 poster with photograph and poem.

--Teenage Pregnancy: What you should know about Wisconsin teenage pregnancy.

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